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ABSTRACT

These six learning modules present text, illustrations, and exercises designed to teach the general public and nutrition students about basic nutrition and diet. The first module, "High Fiber Diet--Live Longer and Better!" by Audrey E. Kidd, discusses the benefits of a high fiber diet and lists the foods that are high in fiber. The second module, "The Well Balanced Diet" by Sue Verity, teaches the learner about requirements for an adequate diet, to select and evaluate diets, and to classify foods in terms of the four basic food groups. The third module, "The Four Basic Foods Groups" by Carol Erickson, looks at daily nutritional requirements and reinforces the importance of eating proper foods. The fourth module, "Basic Four Food Groups," designed by Nancy Graham and Brian Ann Arnett for sub-teen children, employs cartoons to illustrate the principles of proper nutrition and diet. The fifth module, "Basic Nutrition throughout the Life Cycle" by Evelyn S. Burgess, seeks to help students understand the significance of planning nutritional meals to fill the changing needs of individuals throughout their lives. The final module, "Religious and Cultural Influences on Diet;" was prepared by Dianna Dee Mackey for nutrition students to help them anticipate diet preferences of clients of various religious and cultural backgrounds. Each module states overall and specific learning objectives and provides information, exercises with immediate feedback, and a post-test with answer key. (AYC)

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HEALTH INSTRUCTION PACKAGES:

Consumer -- Basic Nutrition

Modules prepared by:

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Sue Verity
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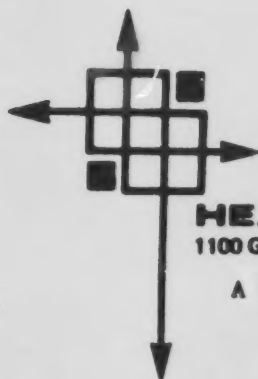
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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

HIGH FIBER DIET - LIVE LONGER AND BETTER!

by

Audrey E. Kidd, R.N.



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TITLE OF PACKAGE:

High Fiber Diet - Live Longer
and Better!

AUTHOR:

Audrey E. Kidd, R.N.

INSTITUTION:

Kaiser-Permanente Medical Center

INTENDED STUDENTS:

General Public

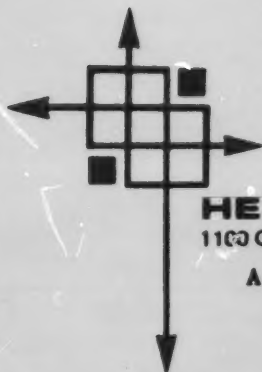
ESTIMATED WORKING TIME:

30 minutes

MATERIALS NEEDED:

None

FIELD TEST COPY



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INTRODUCTION

Each week you go to the supermarket and buy your groceries for the week. Did you ever stop to think of the importance of the food you buy? By eliminating highly refined and processed foods and substituting fresh fruits and vegetables, whole grain cereals and breads, and the addition of bran to your diet, you can save money and live longer. The purpose of this package is to help you select the foods that are high in fiber content and explain to you why fiber plays such an important role in your life!

As you continue through this unit, you will:

1. List foods high in fiber.
2. State how to add fiber to your diet.
3. Write down the benefits derived from a high fiber diet.
4. From multiple choices, select foods high in fiber content.

PRACTICE EXERCISE #1

Fiber is the generic term that includes those plant constituents, mostly carbohydrates which are not digestible by humans. Fiber is present in varying amounts in fruits and vegetables, particularly in the non-digestible portions of the skins, and the bran portions of grains.

HIGH BULK / HIGH FIBER FOODS



Bran Cereals
Whole Grain Cereals
Whole Grain Bread

FRESH FRUITS

Apples Bananas
Peaches Oranges
Pears Plums

FRESH VEGETABLES

Spinach	Yams	Sweet Potatoes
Beets	Cauliflower	Turnips
Brussels Sprouts	Cabbage	Broccoli
Carrots	Lettuce	Eggplant

To increase your dietary fiber, be sure to eat bran cereal and whole wheat bread daily.

In addition, eat at least two of the fresh fruits and two of the fresh vegetables listed above, each day.

Avoid canned or frozen fruits and vegetables, instant "quick cooking" foods, and convenience type snack foods.

Foods that are high in fiber are whole grain products such as whole wheat, rolled oats and brown rice; fresh fruits and vegetables with seeds, strings, and skins intact; popcorn and nuts.

PRACTICE EXERCISE #1 (cont.)

The colon is the body's sewage disposal plant. If waste materials stay in the colon for days on end, the development of carcinogens, or cancer-causing compounds, are greatly increased. By adding fiber to your diet, this increases the transit time of waste materials from the colon and keeps everything moving at a healthy speed and helps protect your body from cancer of the colon.

The increased speed with which food goes through your body also reduces the absorption of calories from foods and helps to reduce obesity.

Increased fiber in your diet produces soft stools and prevents constipation. This relieves straining at bowel movement and helps to prevent hemorrhoids and varicose veins.

Research indicates that high roughage diet, with fiber and unprocessed bran, keeps cholesterol levels down and significantly reduces the chances of heart attack.

Practice Question #1 (Select one correct answer to each question)

1. What is fiber?
 - A. Non-digestible portions of foods
 - B. Refined flours
 - C. Milk and dairy products
2. The following foods are high in fiber:
 - A. Ice cream, pies, and cake
 - B. Fresh fruits and vegetables; whole grain cereals and bread; nuts
 - C. Cheese, butter, eggs

PRACTICE EXERCISE #1 (cont.)

3. What diseases are prevented by the addition of fiber to the diet?
 - A. Skin cancer
 - B. Cancer of the colon, obesity, constipation, heart attack, hemorrhoids, and varicose veins
 - C. Diseases of the eye

PRACTICE EXERCISE #1 (cont.)

Feedback

You would, of course, define fiber as (A) the non-digestible portions of foods. Foods high in fiber are (B) fresh fruits and vegetables; whole grain cereals and breads; and nuts. Addition of fiber to the diet prevents (B) cancer of the colon, obesity, constipation, heart attack, hemorrhoids, and varicose veins.

PRACTICE EXERCISE #2

CRUDE FIBER IN SOME CEREALS

<u>Cereals</u>		<u>Fiber*</u> (grams)
Raw Milled Bran		3.0 - 3.6
Wheat Bran	Kellogg's All-Bran; Bran Buds; Nabisco 100% Bran	1.8 - 2.3
Mixed	Familia	1.1 - 1.3
Wheat Bran	Post's 40% Bran Flakes and Raisin Bran; Kellogg's 40% Bran Flakes and Raisin Bran	0.8 - 1.1
Wheat	Puffed Wheat; Pep; Sugar Smacks; Krumbles; Wheaties; Total; Buc Wheats; Shredded Wheat	0.3 - 1.0
Cooked Cereals	H-O Cream Enriched Farina; Regular Ralston; Instant Ralston; Wheatena; Heartland; Quaker Rolled Oats	0.4 - 0.7
Wheat and Barley	Post's Grape Nuts and Grape-nut Flakes	0.5
Oats	Fortified Oat Flakes; Cheerios; Lucky Charms; Granola; Heartland; Life	0.2 - 0.5
Rice	Puffed Rice; Rice Toasties; Frosted Rice Krinkles; Puffa Puffa Rice; Rice Krispies; Cocoa Krispies	0.1 - 0.5
Mixed	Special K; Product 19; Kellogg's Concentrate; Apple Jacks; Froot Loops; Franken Berry; Kaboom; Count Chocula; Kellogg's Country Morning; Quaker 100% Natural Cereal; Team Flakes; Alpen	0.1 - 0.4
Corn	Post Toasties; Kellogg's Corn Flakes; Sugar Frosted Flakes; Sugar Pops; Corn Total; Trix; Cocoa Puffs; Country Corn Flakes	0.1 - 0.2

*Approximate amount in one ounce (30 Grams).

All cereals are not high in fiber. The above listing ranks some of the popular cereals by the amount of fiber they contain.

Another way of adding fiber to our diet is by the addition of unprocessed bran. Unprocessed bran can be purchased at all health food stores and many of the grocery stores.

PRACTICE EXERCISE #2 (cont.)

Bran can be sprinkled over your dry breakfast cereal with milk; mix it with cooked cereal, add it to fruit juice; mix it with yogurt; add it to soups and stews; mix it with applesauce, combine it with ground meat; and add it to home-baked bread and baked goods as muffins, cookies, etc.

The amount of bran required varies with the individual. Some people require 3 tablespoons daily, and some people find 3 teaspoons per day is adequate. Start by adding 1 teaspoon of bran to each meal, and gradually increase the amount. You can tell if you are adding enough bran by your bowel movements. If you eliminate a large amount of waste, that is well formed without straining daily, the amount of roughage is just right. If you have to strain to eliminate--gradually increase the amount of bran; if bowel movements become too loose or frequent--reduce the amount of bran.

Practice Question #2

1. Which of the following cereals contain the highest amount of fiber?
 - A. Kellogg's All-Bran; Bran Buds; Nabisco 100% Bran
 - B. Post's 40% Bran Flakes, Cheerios; Lucky Charms, Granola; Heartland, Life
2. What amount of bran should be added to your diet daily?
 - A. 5 tablespoons
 - B. Varies with the individual
 - C. 3 teaspoons

PRACTICE EXERCISE #2 (cont.)

Feedback

I hope you will purchase (A) All Bran, Bran Buds or 100% Bran cereal when you do your weekly grocery shopping. Remember, (B) the amount of bran needed varies with the individual, so you will have to work out the amount that is just right for you.

PRACTICE EXERCISE #3

The discoveries about fiber all began in the 1970's, when English doctors working in African villages, noticed that the natives passed about a pound of fecal material per day; compared with the normal English bowel movement of less than 4 ounces.

Although bowel movements are an embarrassing subject to most people, they are an important source of information for doctors. The unabsorbed portions of food eaten by the Africans usually passed through the digestive tract in thirty hours. The average Englishman retained the food he ate for a full three days or longer. These findings stimulated the doctors to find out what caused the difference.

The doctors discovered the diet of the Africans consisted of corn meal, beans, bananas and potatoes. Their diet was extremely high in vegetable fiber--the hull, bran, skin and other hard to digest parts of food that most civilized societies remove in the refining process. The Africans ate so much of this fiber, their food fairly raced through their digestive systems.

The doctors began looking for other differences between the supposedly "deprived" Africans and their affluent English counterparts. The doctors discovered that coronary heart disease is unknown in rural Africa; cancer of the colon is extremely rare; hemorrhoids are non-existent, and obesity is rare among Africans following the native diet.

At first it seemed impossible that the African's simple diet could protect them from all these diseases; that it must be hereditary or something else. But careful studies showed that Africans who adopt a Western

PRACTICE EXERCISE #3 (cont.)

diet and discontinue their traditional high fiber diet and begin to eat the way we do, gradually develop the above listed diseases in alarming numbers.

There is little doubt that dietary fiber is an essential part of the human diet. We can correct the deficiencies in our diet by increasing the use of whole grain cereals, fresh fruit and vegetables, and with the addition of bran to our diet.

Practice Question #3

1. The diet of native Africans consist of:
 - A. meat, vegetable, dessert
 - B. corn meal, beans, bananas, potatoes
 - C. bread, cereal, fish
2. The Africans were found to be free of the following diseases:
 - A. sickle cell anemia
 - B. coronary heart disease, cancer of the colon, hemorrhoids, and obesity
 - C. malaria, influenza, colds

PRACTICE EXERCISE #3 (cont.)

Feedback

I feel sure you understand now the importance Africans' high fiber diet of (B) corn meal, beans, bananas, and potatoes plays in the prevention of (B) heart disease, cancer of the colon, hemorrhoids, and obesity.

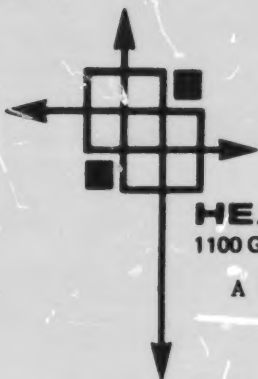
Turn the page for a brief Post-Test of what you've learned. The correct answers are on the last page.

POST-TEST

1. What is fiber?
 - A. Refined flour and sugar
 - B. Non-digestible part of our diet
 - C. Dairy products
2. What does fiber do?
 - A. Provides bulk to help eliminate body waste
 - B. Provides a major source of vitamins
 - C. Provides the necessary minerals in our diet
3. List the foods high in fiber.
 - A. Cakes, pastries, doughnuts
 - B. Milk, eggs, cheese
 - C. Fresh fruits and vegetables, whole grain cereals and breads, unprocessed bran, nuts
4. List the ways you can add bran to your food to increase fiber in your diet.
 - A. Add to soups, juices, stews, gravies
 - B. Add to home-baked breads, cookies, muffins
 - C. Add to dry or cooked cereals
 - D. Add to hamburgers and meatloaf
 - E. All of the above
5. Describe the benefits of adding fiber to your diet.
 - A. Help prevent heart disease, cancer of the colon, hemorrhoids, obesity
 - B. A feeling of well being
 - C. Longer, happier, and healthier life
 - D. All of the above

ANSWERS TO POST-TEST

1. B
2. A
3. C
4. E
5. D



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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

THE WELL BALANCED DIET

By

Sue Verity



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TITLE: The Well Balanced Diet
AUTHOR: Sue Verity
INSTITUTION: Los Angeles Southwest College,
Los Angeles, California
INTENDED STUDENTS: Public; Community Health Worker
ESTIMATED WORKING TIME: 60 minutes
MATERIALS NEEDED: None
REVISED: October 1, 1977



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THE WELL BALANCED DIET

The nutritional needs of an individual are determined by many factors. The most influential factors are your body size, sex, age, and activity pattern. Your heredity is one major factor influencing the way in which your body uses the foods taken in by providing a deficiency or surplus of various enzymes, hormones, or other substances. Therefore, due to this hereditary influence, you as a unique individual may utilize some nutrients in ways that are different from other individuals.

The average American should be eating daily, at least TWO SERVINGS of each of the following four food groups:

1. Dairy products
2. Meat, eggs, beans
3. Fruits and vegetables
4. Breads and cereals

Meals selected from these food groups in the proper amounts contain all the carbohydrates, fats, proteins, vitamins, and minerals to meet your daily needs.

As a result of this program you will learn the requirements for an adequate diet and be able to select and evaluate diets to determine if they provide the nutritional requirements for every day living. You will also learn to classify foods that are common to the average American diet as to their relationship to the four main food groups. You will then be able to accept responsibility and make informed decisions related to providing the adequate nutritional requirements for yourself and your family.

OBJECTIVES - THE WELL BALANCED DIET

More specifically, as a result of this program you will be able to

1. Recall that the nutritional requirements of an adequate diet are contained in sufficient quantities of the four major food groups, given the normal daily activity of an average person in the United States.
2. Select foods from and classify foods as to their category in the four major food groups in the amounts necessary to provide adequate nutrition for your family, given the food items available in the average American supermarket or restaurant.
3. Recall the major categories of nutrients; carbohydrates, fats, proteins, vitamins and minerals contained in food and the basic function of each nutrient in the diet, given a diet, sample meal, or food item that contains all the necessary nutrients for an adequate diet.
4. Differentiate between the criteria for an adequate diet for young children and for adults, given the normal daily activity of an average person in the United States.
5. Evaluate the adequacy of a given selection by applying as criteria for adequate nutrition for your family, the necessary amounts of the four major food groups.
6. Accept responsibility and make decisions related to the selection of food and nutritional requirements based on the knowledge acquired in this program for yourself and/or your family.
7. Enjoy eating these foods, and plan to incorporate this eating pattern into your own eating habits.

Note: For effective use of this unit, you should cover the answer column at the right side of each page, until you wish to check the appropriate answer.

Nutrition is the science that is concerned with the way in which your body uses food to provide energy and to maintain health.

A diet contains the food items that you eat.

Nutrients are substances in food that provide energy, build or maintain the body, and regulate body processes.

Food items usually contain more than one nutrient.

A good diet is one that contains all the required amounts of nutrients that you must have and supplies energy for living.

Practice Question #1. Match A, B, C, with 1, 2, 3.

- ___ 1) Substances in foods that provide energy, build or maintain the body, or regulate body processes.
- ___ 2) Food items that you eat.
- ___ 3) The science concerned with the way the body uses food.

- 1) C
- 2) B
- 3) A

A. Nutrition. B. Diet. C. Nutrients.

The major categories of nutrients contained in food items are:

CARBOHYDRATES
PROTEINS
FATS
VITAMINS
MINERALS

Classifying food items by their nutrient content is really only another way to view food items.

The major functions of the nutrients contained in food items are:

CARBOHYDRATES	provide ENERGY
FATS	provide ENERGY
PROTEINS	provide BUILDING BLOCKS FOR GROWTH, BODY MAINTENANCE REPAIR, and some energy
VITAMINS	provide REGULATION OF BODY PROCESSES
MINERALS	provide REGULATION OF BODY PROCESSES

Practice Question #2

A. Substances in food that provide energy, build or maintain the body, and regulate body processes are called _____

A. nutrients

B. The major categories of nutrients are

B. carbohydrates
fats
proteins
vitamins
minerals

C. Match letters for the major functions with appropriate number:

_____ 1) Carbohydrates
_____ 2) Fats
_____ 3) Proteins
_____ 4) Vitamins
_____ 5) Minerals

C. 1) c
2) c
3) a
4) b
5) b

a. Growth, body building. c. Energy.
b. Regulation of body processes

You can see that most of the nutrients provide energy, while only protein helps in providing materials for growth, body maintenance and repair.

It is especially important to provide sufficient protein in the diets of growing children.

CARBOHYDRATES - The main function of carbohydrates in the body is to provide energy. They can be manufactured by the body's mechanisms from proteins and fats and provide fuel for muscular exercise and heat. Carbohydrates cannot be stored in large amounts in the body but are easily converted to fats which can be stored.

Examples of food that contain large amounts of carbohydrates include:

<u>SUGARS AND STARCHES</u>			
Candy	Beans, peas	Flour	Grits
Fruits	Rice, grains,	Bread	Legumes
Milk	Cookies	Cakes	
Syrup	Potatoes	Cereal	

PROTEINS - Proteins are considered to be the most important of the nutrients. Proteins provide you with the building blocks for your body's growth, development, and repair. Without protein, growth is inhibited (slowed down or stopped), mental capacity is decreased, well being is at a minimum (you are more susceptible to diseases of all kinds), and your very life and survival is in danger.

Examples of foods that are good protein sources include:

<u>MEATS, EGGS, GRAINS</u>	
Meats: beef, pork, lamb	Nuts
Fish	Whole grains: corn, rice,
Eggs	wheat, rye
Poultry	Beans, peas, and other legumes
Milk	
Cheese	

FATS - Fats are important in the diet since they contain large amounts of energy, carry flavor and vitamins and help to keep you from feeling hungry too quickly. Fats are easily stored in the body and can be manufactured by the body from both proteins and carbohydrates.

Examples of foods that contain large amounts of fats include:

FATS AND OILS
 Butter and margarine
 Cream
 Plant oils; corn, peanut, safflower, soy oil

Practice Question #3

Match letters for nutrients with the appropriate numbers.

- | | |
|------------------------|--------------------|
| _____ 1) Pancake syrup | _____ 5) Salad oil |
| _____ 2) Eggs | _____ 6) Potatoes |
| _____ 3) Butter | _____ 7) Fish |
| _____ 4) Bread | _____ 8) Chicken |

- 1) C
- 2) A
- 3) B
- 4) C
- 5) B
- 6) C
- 7) A
- 8) A

A. Proteins B. Fats C. Carbohydrates

VITAMINS - Vitamins are important in the diet since they regulate body processes. They are necessary in small amounts for normal growth and maintenance of health. Generally, they are not manufactured by the body and therefore you must eat food that contains vitamins. Some vitamins may be stored in the body while others are not stored.

Examples of vitamins are Vitamin A, B, C, D, E, K.

MINERALS - Some minerals are needed in small amounts. They aid in regulating body processes. Other minerals are needed in larger amounts to build body tissues, regulate body fluid balance, regulate muscle contractions, and to carry oxygen to all the body cells.

Examples of minerals are calcium, iron, sodium chloride (salt) and potassium.

Practice Question #4

A. List three categories of nutrients that provide the body with ENERGY

A. Carbohydrates
Fats
Proteins

B. List one of the above that is the main source of building material for growth

B. Protein

C. List two categories of nutrients that regulate body processes

C. Vitamins
Minerals

Food is the source of energy for our body. Our body uses food for energy to do work and maintain life, for growth in children, and for maintenance in adults.

The criteria or "rule of thumb" to judge good health and nutritional status for yourself and your family are the following:

1. IN CHILDREN - they should show CONTINUOUS GROWTH
 2. IN ADULTS - they should have a LONG LIFE, be ABLE TO REPRODUCE, and MAINTAIN A DESIRABLE WEIGHT.
-

Growth is not a criterion for adults. Therefore, the rule to judge an adequate diet for young people is different from that for adults.

Practice Question #5

A. What is the criterion for good health and nutrition in children?

A. Continuous growth

B. What are the criteria for good health and nutrition in adults?

B. Long life
Ability to reproduce
Maintain a desirable weight

REMEMBER that NUTRITION is the science that is concerned with the way in which your body uses food to provide energy and to maintain health.

A good diet supplies energy and contains the required amounts of nutrients that you must have.

A PLAN FOR GOOD HEALTH - The chances of your being well nourished are good when food from each of the following groups is taken in sufficient quantities at each meal:

THE FOUR MAJOR FOOD GROUPS

1. Fruits and vegetables
 2. Dairy products
 3. Meat, fish, eggs, legumes (beans, peas)
 4. Cereals, grains, and breads
-

For the normal daily activity of an average person in the United States, the nutritional requirements of an adequate diet are included in sufficient quantities of the four major food groups. At least two servings of each group a day is sufficient quantity to provide all the nutrients you need. However, it is best to have a selection from each group at every meal.

Practice Question #6

List the four major food groups

Dairy products
Meat, fish, eggs, legumes
Fruits and vegetables
Cereals, breads

Examples of foods that belong to the DAIRY GROUP include such items as:

Cottage cheese
Yoghurt
Milk
Cheddar cheese
Ice cream

Examples of foods that belong to the FRUIT AND VEGETABLE GROUP include

Dark green or yellow vegetables;
spinach, greens, romaine lettuce
squash, carrots
Citrus fruits
Tomatoes
Beets, turnips
Potatoes,
Cabbage

Practice Question #7

List three examples from your usual diet that may be included in these groups

DAIRY GROUP:

FRUIT/VEG

Examples of foods that belong to the CEREAL GROUP include such items as

Breads and sweet rolls
 Cereals: cooked and ready-to-eat
 Rice, grits, grains
 Macaroni, spaghetti, noodles

Examples of foods that belong to the MEAT GROUP include such items as

Beef, pork, lamb
 Poultry: turkey, chicken, duck
 Eggs
 Fish
 Peanut butter
 Beans, peas (legumes)

> Practice Question #8

- A. List three examples from your usual diet that may be included in these groups

CEREAL GROUP _____

MEAT GROUP _____

- B. MATCHING - Identify the following foods by labeling each for the appropriate group: D for dairy, FV for fruit/vegetable, M for meat, and C for cereal.

Cottage cheese
 Tomato juice
 Strawberry preserves
 Bread
 Beef roast
 Pork chops
 Fish fillets
 Corn
 Tomatoes
 Grapefruit
 Milk
 Yoghurt
 Lettuce
 Broccoli
 Potatoes
 Rice
 Grits
 Noodles

D: Cottage cheese
 milk
 yoghurt

M: Beef
 pork
 eggs
 fish

FV: Broccoli
 tomatoes
 grapefruit
 tomato juice
 lettuce
 potatoes

C: Grits
 rice
 noodles
 bread
 corn

- C. Plan a menu for one day that will provide an adequate diet for you and/or your family. Try to provide an item from each food group at every meal. Use your imagination or your usual food items.

BREAKFAST _____
 LUNCH _____
 DINNER _____

Check to see if you have an item from each of the food groups at every meal.

Dairy, Fruit/Veg,
Meat, Cereal.

By selecting diets that contain the four basic food groups, the chances are that all the nutrients will be obtained in the proper amounts in your diet.

Practice Question #9

- A. What criteria would you use to determine if a diet contained adequate nutrition for one day?

- A. At least two servings of each of the major food groups each day. A serving of each group at each meal is better.

- B. If you were given the following diet selection, what would you add to it to make it a better nutritional plan?

- B. Fruits or vegetables such as tomatoes or salad for lunch.

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
1 egg	cottage cheese	fish
milk		rice
toast and butter		carrots

Evaluation - The above diet was _____ adequate
 _____ needed small changes
 _____ needed major changes

Please state one way in which you can accept responsibility for and make decisions related to the selection of food and nutritional requirements based on the knowledge acquired in this program for you and your family.

POST-TEST

MATCHING

- _____ 1. The plan for the selection of foods that will provide a nutritionally adequate diet can be based on
- _____ 2. Substances in foods that provide energy, build or maintain the body, or regulate body processes are called
- _____ 3. Food items that you eat are called
- _____ 4. The science concerned with the way the body uses food

- A. Nutrition
- B. Nutrients
- C. Major food groups
- D. Diet

5. List the major categories of nutrients contained in foods.

5. _____

6. List two nutrients that provide the basic energy for living.

6. _____

7. List a nutrient that regulates body processes.

7. _____

8. Which nutrient enables the body to grow and build new tissues?

8. _____

9. List the four major food groups

9. _____

True or False: these meals contain the four major food groups

T F

10. Ham and eggs, orange juice, bread and butter, milk

_____ _____

11. Cheeseburger, apple, coke, fries, salad

_____ _____

12. Using foods other than those listed above, list items for a meal that contains a food item from each of the major food groups.

12. _____

13. What are the criteria for good health and nutrition in adults?

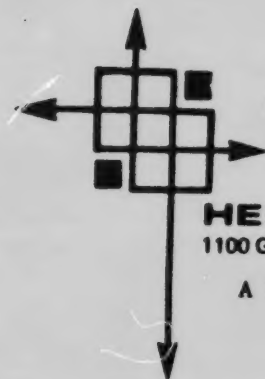
13. _____

14. What is the criterion for good health and nutrition in children?

14. _____

POST TEST ANSWER KEY

1. C
2. B
3. D
4. A
5.
 - 1) Carbohydrates
 - 2) Fats
 - 3) Proteins
 - 4) Vitamins
 - 5) Minerals
6.
 - 1) Carbohydrates
 - 2) Fats
7. Vitamins (or Minerals)
8. Proteins
9.
 - 1) Fruits and vegetables
 - 2) Dairy products
 - 3) Meat, fish, eggs, legumes
 - 4) Cereals, grains and breads
10. True
11. True
12. Your choice will be different but an example would be:
steak (meat), corn-on-the-cob (Vegetable), French bread, milk (dairy)
13.
 - 1) Long life
 - 2) Ability to reproduce
 - 3) Maintain a desirable weight
14. Continuous growth



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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

THE FOUR BASIC FOOD GROUPS

by

Carol Erickson



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TITLE: The Four Basic Food Groups
AUTHOR: Carol Erickson
INSTITUTION: Maricopa (Ariz.) County Skill Center
INTENDED STUDENTS: Public (Grade 7 reading level);
nurse aide
ESTIMATED WORKING TIME: 20 minutes
MATERIALS NEEDED: A display table with food or cartons
from the four basic food groups
REVISED: July 1, 1977

NOTE: Effective use of this learning unit requires a table display of foods or cartons from the four basic food groups. Learners will sort these foods or cartons in one exercise.



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INTRODUCTION

What is good nutrition? Good nutrition is eating the proper foods and is essential for good physical and emotional health.

In this packet you will identify the Four Basic Food Groups and their daily requirements, and gain some knowledge of the importance of eating proper foods. The skill you gain not only will help you with your diet and help you prepare your family's diet, but will most of all help you identify proper choice of food for the patient under your care.

Good Luck!

Food is essential for good health and isn't it fun to eat!

The U.S. Department of Agriculture has suggested planning the daily diet around the "BASIC FOUR FOOD GROUPS." The four food groups provide simple planning of meals, proper energy and nutrients for health and growth.

The four food groups are:



1. Milk group



2. Meat group



3. Bread-Cereal
group



4. Vegetable-Fruit
group

Practice Question 1

Now name the four basic food groups:

- 1)
- 2)
- 3)
- 4)

Feedback

Your four groups are milk, meat, bread-cereal, vegetable-fruit.

I hope you didn't have any problems, but if you did, check the chart at the first part of the exercise.

Wasn't that easy? Go on to Exercise 2.

There are many foods in each food group. Here are some examples:



1. Milk group - cheddar cheese, processed cheese, ice cream, evaporated milk, skim milk, yogurt, cottage cheese, milk
2. Meat group - beef, lamb, pork, fish, liver, heart, kidneys, shellfish, poultry, dry beans, lentils, nuts, peanut butter, eggs
3. Bread-Cereal group - enriched whole grain breads and cereals, other baked foods made with enriched or whole grain flour, enriched macaroni, spaghetti, noodles, rice, cornmeal, grits, corn tortilla
4. Vegetable-Fruit group - citrus fruits and all others; all vegetables including potatoes

Practice Question 2

On the table in the room where you are using this package there are samples of various foods. Each belongs to a certain group. Place the foods in the various food groups and list them in the spaces on the answer sheet.

If you placed the foods in the following groups, you are beginning to see the foundation for a good diet.

Milk group

milk
cheese
ice cream

Meat group

fish
egg
nuts
meat

Bread-Cereal group

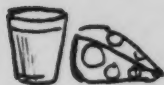
bread
spaghetti
tortilla
biscuit
cereal

Vegetable-Fruit group

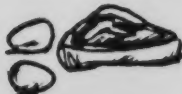
melon
carrot
tomato
potato
celery
corn

You are doing just fine. Proceed to Exercise 3.

The basic four food groups are important because of the nutrients each supply:



1. Milk group - is rich in calcium, which builds strong bones and teeth and helps muscles react normally.



2. Meat group - is rich in protein and iron, both necessary for building body tissue and carrying oxygen in the blood.



3. Bread-Cereal group - is rich in Vitamin B, which is necessary for proper digestion. It also provides protein and iron.



4. Vegetable-Fruit group - is rich in Vitamin A and Vitamin C, both necessary for healthy skin, eyes and preventing infection.

Remember wise food selections must be made and no one food group supplies all the nutrients.

Practice Question 3

Match the following nutrients with the basic food groups in which they belong. Some food groups may be used more than once.

- | | |
|-----------------|---------------------------|
| _____ Vitamin A | (a) Meat group |
| _____ Vitamin C | (b) Milk group |
| _____ Vitamin B | (c) Vegetable-Fruit group |
| _____ Protein | (d) Bread-Cereal group |
| _____ Calcium | |
| _____ Iron | |

I hope your answer includes:

Meat group - protein and iron

Milk group - calcium

Bread-Cereal group - Vitamin B, protein, iron

Vegetable-Fruit group - Vitamin C and Vitamin A

You are doing fine. Proceed to Exercise 4.

S. T. Smith
SUBJECT: ~~Student~~ Consumer

RECEIVED JUL 16 1976

Package Title:

Basic Four Food Group

Author's Name:

Carol Erickson

Minimum Design Criteria Met:

Objectives

Post-Test

Practice Exercises

Feedback

Scoring Key to Post-Test

✓
✓
✓
✓
✓

Copyright Clearance Given:

Request Letter Sent; or

Thank You Letter Sent

Duplication Release Obtained

Date:

Date:

Date:

7/16/76
7/6/76

Completeness Criteria Met:

Title Page

Cover Sheet

Materials Needed are Stated

✓
✓
✓

Audio-Visual Criteria Met:

Typing Clear

Format and Layout

Illustrations

✓
✓
✓

Field-Testing Procedures Complete:

12/1/76

Date:

Folder Prepared

Directions Attached

Response Sheet Added

Answer Sheets Prepared

Sent Out for Peer Review

To Whom:

Date:

Returned Date:

Sent Out for Field Test

To Whom:

Date:

Returned Date:

Daily Requirements



Milk group

2 or more for Adults
3 or more for Children
4 or more for Teenagers



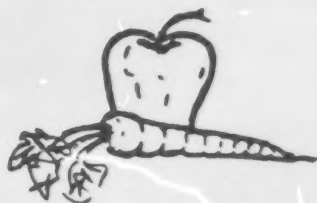
Meat group

2 or more serving

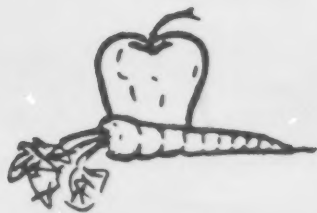


Bread-Cereal group

4 or more servings



Vegetable-Fruit group



4 or more servings

Look at the chart labeled Daily Requirements. It shows the four food groups and the daily servings required in each food group.

The one variation in the chart is in the milk group. The requirements are two or more servings per day for an adult, three or more servings per day for a child and four or more servings per day for a teenager.

DAILY REQUIREMENTS

Milk group: 2 or more servings for the adult

3 or more servings for children

4 or more servings for teenagers

Meat group: 2 or more servings

Bread-Cereal group: 4 or more servings

Vegetable-Fruit group: 4 or more servings

Are you getting anxious to eat some of these nutritious foods?

Practice Question 4

List the daily servings required in each food group for a well rounded diet.

I hope your answer included the following:

Milk group: 2 or more servings for the adult

3 or more servings for children

4 or more servings for teenagers

Meat group: 2 or more servings

Bread-Cereal group: 4 or more servings

Vegetable-Fruit group: 4 or more servings

Are you getting anxious to eat some of these nutritious foods?

Go on to Practice for Overall Objective.

PRACTICE EXERCISE FOR OVERALL OBJECTIVE

You are now skilled in the basic four food groups.

Practice Question

What would you tell a man whose main diet was pop and candy bars and occasionally a bit of fruit? He is interested in improving his diet. Summarize the primary points you would tell him that you have learned from this unit.

1)

2)

3)

4)

I don't know what you did but I would tell the man:

- 1) The basic food groups (see the chart in Exercise 1)
- 2) Foods in the various food groups (see Exercise 2)
- 3) The nutrients in each food group (see Exercise 3)
- 4) How important good eating habits are for good health

If he seemed very receptive to the information, I would give him the daily requirements and hope I could motivate him to change his eating habits.

YOU HAVE NOW COMPLETED THE PACKET ON THE BASIC FOUR FOOD GROUPS.
TAKE THE POST-TEST. CHECK IT WITH THE ANSWER KEY AND THEN:

Go out and eat up a storm, but remember the Basic Four and the daily requirements.

Answer Sheet for Practice Questions

1. 1) 3)
2) 4)

2. Milk Group Bread-Cereal Group

Meat Group

Vegetable-Fruit Group

3. _____ Vitamin A _____ Protein
_____ Vitamin C _____ Calcium
_____ Vitamin B _____ Iron

4. Milk Group _____ Bread-Cereal Group _____
Meat Group _____ Vegetable-Fruit Group _____

Practice Exercise For Overall Objective

- 1)
2)
3)
4)

Basic Four Food Group/Erickson

Answer Sheet for Post-Test

1. 1) 3)

2) 4)

2. 1) 3)

2) 4)

3. Circle one: a) b) c)

4. Fruit-Vegetable group: _____

Bread-Cereal group: _____

Meat group: _____

Milk group: _____

5. Milk group: _____

Meat group: _____

Vegetable-Fruit group: _____

Bread-Cereal group: _____

6. 1) _____

2) _____

3) _____

4) _____

Answer Sheet for Post-Test (cont.)

7. a _____ d _____
b _____ e _____
c _____ f _____

8.



Milk group
2 or more for
adults



Meat group

2 or more serving



Bread-Cereal
group



4 or more servings



Vegetable-Fruit
group



REVISION DATA SHEET

Mark your errors below:

Practice Exercises:

#5 delete

Post Test:

0

#3 omit

#6 omit

PRACTICE EXERCISES

From the information you have gained regarding the food groups and the daily requirements for an adult diet you can see many of us need to make changes in our diet.

EXAMPLE

DIET STUDY

Diane C. is a 25 year old (Mexican American) secretary. She follows the following diet closely each day.

Breakfast

1 glass ice tea
2 flour tortillas

Lunch

2 Flautas (corn
tortillas with
sour cream)
1 flour tortilla
soda pop

Supper

2 tacos (meat &
cheese)
1 c. spanish rice
tea

Practice Question #5

1. From the following list choose the foods that can be ADDED to Diane's menu to meet the daily adult requirements.

NOTE: Remember Diane is Mexican-American so try to add to the dishes that she eats normally on a daily basis.

Example: add a vegetable such as lettuce to the taco.

Food List:	milk	lettuce	tomatoe	green pepper
	melon	chicken	eggs	celery
	orange	meat	refried beans	apple
	banana	chilis		

Write your answer in the space below:

BREAKFAST

LUNCH

DINNER

Feedback:

I hope that your menu for Diane looked similar to this one:

Breakfast

1 glass orange juice
1 cheese omelet with
green chilis

Lunch

2 corn tortillas
(chicken filling or
meat with sour cream)
Lettuce on the side
1 serving refried beans
a bowl of fruit
glass of milk

Dinner

2 tacos with lettuce
and tomatoes
1 cup spanish rice
with celery and
green peppers
tea
fruit bars

Did you notice three servings extra in the bread/cereal group?

Did you realize learning about the basic four could be so easy? You
are moving right along. Go onto the next exercise for overall objective.

POST-TEST

1. There are four basic food groups. List the four groups:
 - 1)
 - 2)
 - 3)
 - 4)
2. List three foods in each food group and label the group:
 - 1) 3)
 - 2) 4)
3. The number of servings required per day in each food group is important. List the servings required in each food group:
 - 1) 3)
 - 2) 4)
4. Write the nutrients in each food group (pictures below) using the provided list.

Vitamin A

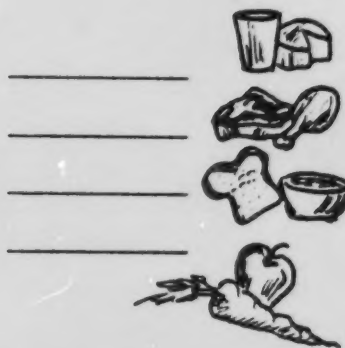
Vitamin C

Vitamin B

Protein

Iron

Calcium



POST-TEST (Cont.)

5. Please check the answers that apply to your feelings about the packet:

- a) too simple _____
- b) boring _____
- c) too detailed _____
- d) confusing _____
- e) adequate _____

6. This packet could be improved by: _____

ANSWERS TO POST-TEST

1. Meat group; Milk group; Vegetable-Fruit group; Bread-Cereal group.

2. MEAT GROUP

meat (beef, pork, veal)
poultry
fish
eggs
nuts
peanut butter
legumes (peas, dry beans)

VEGETABLE-FRUIT GROUP

broccoli, spinach
carrots, tomato
cantaloupe, melon
orange, apple
strawberries
cabbage
and many more

MILK GROUP

milk (skim, evaporated, whole, cream)
cheese processed, cheddar
cottage cheese
ice cream

BREAD-CEREAL GROUP

breads, cooked cereal
crackers, spaghetti
macaroni, tortilla
noodles, rice
baked goods made with whole grain
or enriched flour

3. 1) Milk group - 2 or more servings (3 for children, 4 for teenagers)
2) Meat group - 2 or more servings
3) Vegetable-Fruit group - 4 or more servings
4) Bread-Cereal group - 4 or more servings

4. Fruit-Vegetable group: Vitamins A and C
Bread-Cereal group: Vitamin B, Protein and Iron
Meat group: Protein and Iron
Milk group: Calcium

5. - 6. The author hopes you responded positively and offered any suggestions you may have for improvement.

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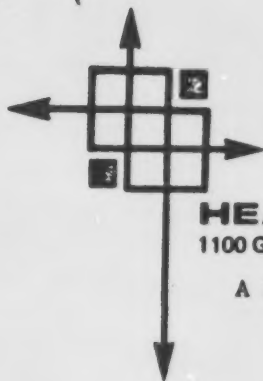
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213/473-4982

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I, Carol Erickson, give permission to the HEALTH INSTRUCTION EXCHANGE to duplicate and field test my self-instructional package, Basic Food Groups,
and to make it available for distribution through the Exchange. I understand that my copyright ownership will be protected and that I may revoke this permission.

Carol Erickson
(Signed)
Skell Center
(Institution)
6/24/76
(Date)



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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

BASIC FOUR FOOD GROUPS

By

Nancy Graham
and
Brian Ann Arnett



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Brian Ann Arnett
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TITLE OF PACKAGE: Basic Four Food Groups

AUTHOR: Nancy Graham & Brian Ann Arnett

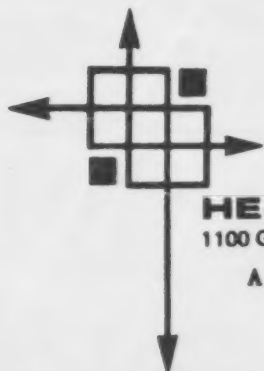
INSTITUTION: University of Kentucky, Lexington, Ky.

INTENDED STUDENTS: Sub-teen children (or any "junk food junkies")

ESTIMATED WORKING TIME: 25 minutes

MATERIALS NEEDED: None

REVISED: July 1, 1977



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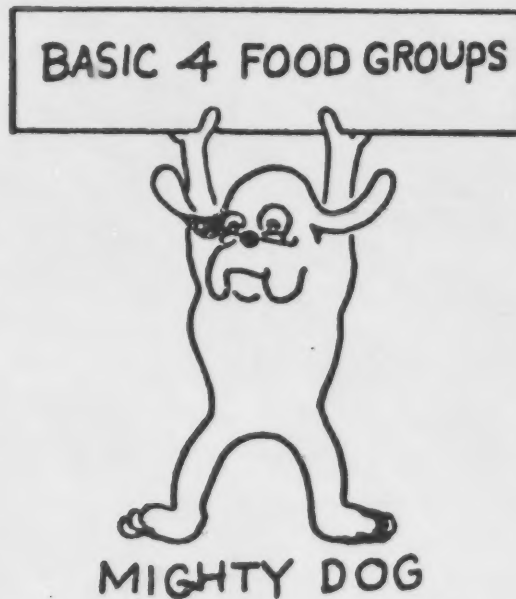
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Introduction

As a child, you need to eat foods from each of the Basic 4 Food Groups. This guide will help you know the important foods. You do not need to have foods from each of the four groups at each meal, but you should have them sometime during the day. You may eat them at meals or in snacks.

A good diet gives you the nutrients -- the building parts of food -- that your body needs to grow, keep you healthy and peppy. There are many different nutrients, but they can all be sorted into five classes -- proteins, minerals, vitamins, fats and carbohydrates.

After you finish this booklet, you will be able to plan what you eat to make sure that your body gets enough of each kind of food every day. You will learn the basic four food groups and how eating right gets all five classes of nutrients for your body.



Objectives

This booklet will help you choose the right food for your daily meals. When you finish:

- (1) You will be able to name the Basic 4 Food Groups.
- (2) From a list of foods, you will be able to put each food in the right food group.
- (3) You will remember how much of each food group you need each day.
- (4) You will remember the nutrients in foods that make your body healthy.

LET MIGHTY DOG SHOW YOU
THE WAY!



and, away
we go!

ON TO THE
BASIC 4 AND
BETTER
HEALTH.

Practice Cycle #1

Mighty Dog would like to show you the four kinds of food you need to eat to grow big and strong.

MILK + CHEESE GROUP



VEGETABLE + FRUIT GROUP



JUGGLE
YOUR DIET
WITH
VEGETABLE AND
FRUIT!

IF YOU WANT
A HEALTHY
BODY.

BREAD + CEREAL GROUP



MEAT GROUP



Practice Cycle Test #1

Mighty Dog wants you to write the four basic food groups.

(1) _____

(2) _____

(3) _____

(4) _____



1. If you were able to write:

- (1) Meat
- (2) Milk
- (3) Vegetable - Fruit
- (4) Bread - Cereal

you are correct.



If any of your answers were incorrect, please repeat page 3, 4, 5, 6.

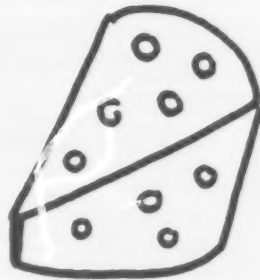
Practice Cycle #2

Now Mighty Dog is going to tell you the foods that belong to each of the four food groups.

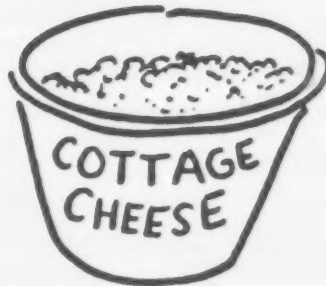




MILK

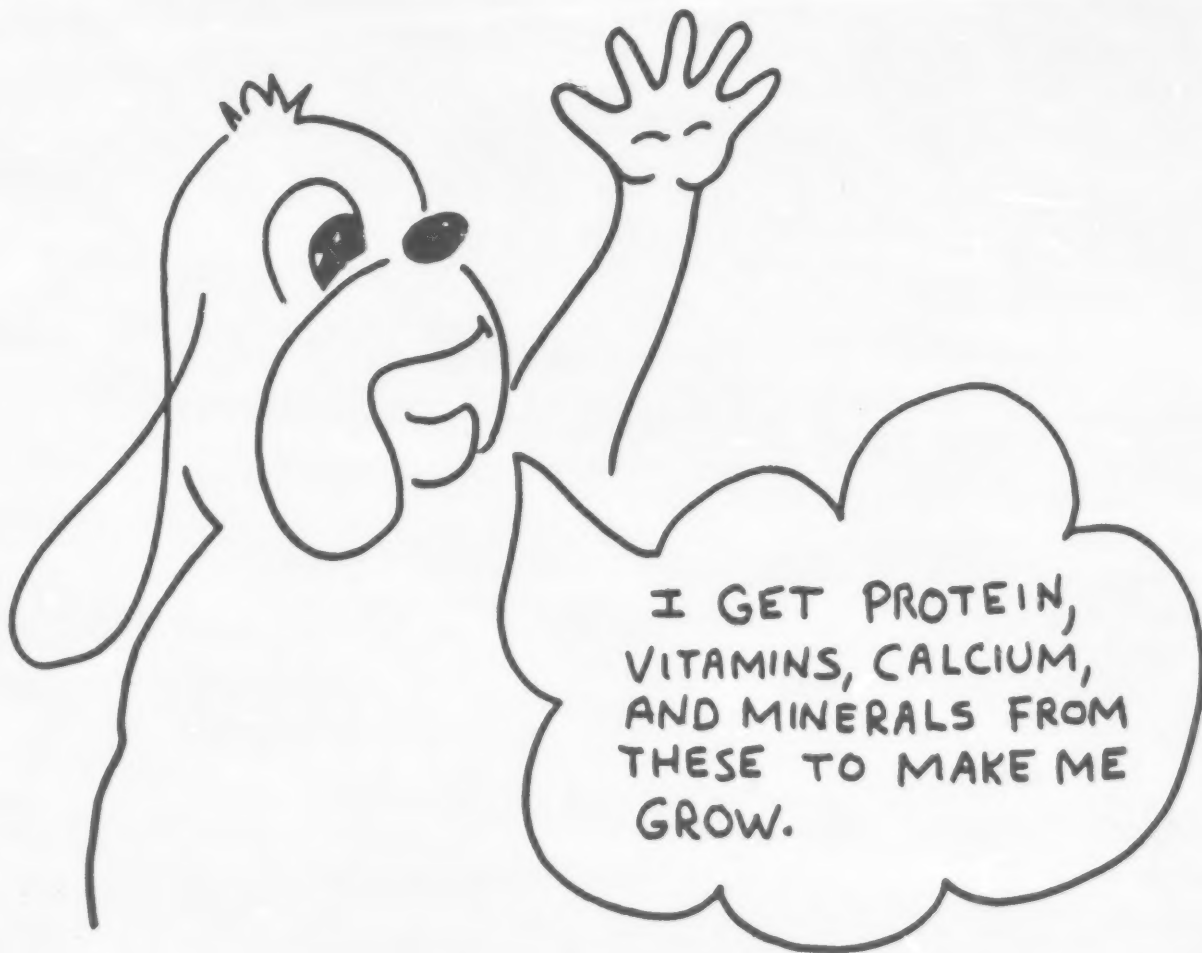


CHEESE

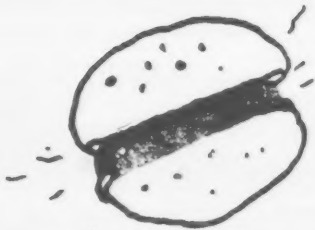


ICE CREAM

WE BELONG TO THE MILK GROUP



I GET PROTEIN,
VITAMINS, CALCIUM,
AND MINERALS FROM
THESE TO MAKE ME
GROW.



"HAM" BURGER



CHICKEN



EGGS



LIVER



BAKED BEANS



FISH



STEAK



SOUP

SPLIT PEA



PEANUT BUTTER

WE BELONG TO THE MEAT GROUP

MIGHTY DOG - GETS A LOT OF PROTEIN AND ENERGY FROM THESE!

WE BELONG TO THE BREAD AND CEREAL GROUP.



BREAD

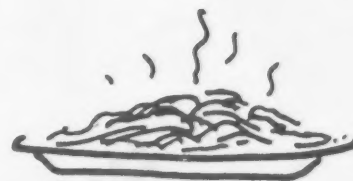


COLD
OR HOT



FOR
WORK
AND PLAY
I RELY ON
THESE FOODS.

THEY
GIVE ME
VITAMINS
AND
MINERALS.



SPAGHETTI



CARROTS



PUMPKIN

DEEP YELLOW
VEGETABLES.
GIVE
YOU
VITAMIN(A)



SQUASH

WE BELONG TO THE VEGETABLE-FRUIT GROUP!

BANANA



CABBAGE



BEETS



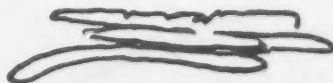
ORANGE
VITAMIN-C

SEE MY
FRIEND!
ON
NEXT
PAGE

APPLE



GREEN BEANS



LETTUCE





GRAPE FRUIT



WE GIVE
VITAMIN-(C)



TOMATO - JUICE

WE ALSO BELONG TO THE
VEGETABLE-FRUIT GROUP!

HERE ARE SOME MORE VEGETABLES
THAT GIVE VITAMIN-(A). THEY ARE
DARK LEAFY GREENS.



SPINACH



COLLARD



ENDIVE



TURNIP

Practice Cycle Test #2

2. Circle the correct answer:

- (1) Which of the following, A or B, would be in the milk group?
 - A. cheese
 - B. potatoes
- (2) Circle which of the following, A or B, would be in the meat group.
 - A. apple
 - B. hamburger
- (3) Circle which of the following, A or B, would be in the vegetable - fruit group.
 - A. apple
 - B. bread
- (4) Circle which of the following, A or B, would be in the bread - cereal group.
 - A. cornflakes
 - B. carrots

If your answers to questions 1), 2), 3), and 4) were:

(1) A

(2) B

(3) A

(4) A

then you have put the foods in the correct groups.



If any of your answers were incorrect, please repeat the following pages 10, 11, 12, 13, 14.

Practice Cycle #3

Mighty Dog suggests that you have the following servings of food from each of the groups daily either in regular meals or in snacks.



MILK



MEAT 2 TIMES A DAY



VEGETABLE AND FRUITS
4 TIMES A DAY



BREAD + CEREAL
4 TIMES A DAY

SERVINGS

MILK GROUP 3 OR MORE CUPS
MEAT GROUP 2 OR MORE
FRUIT + VEGETABLE 4 OR MORE
BREAD + CEREAL 4 OR MORE

Practice Cycle Test #3

3. Fill in the number of servings Mighty Dog said you need from each food group per day.

- (1) Milk group _____
- (2) Meat group _____
- (3) Bread - Cereal group _____
- (4) Vegetable - Fruit group _____

If your answers are as follows:

- (1) Milk group: 3 or more
- (2) Meat group: 2 or more
- (3) Bread - Cereal group: 4 or more
- (4) Vegetable - Fruit group: 4 or more

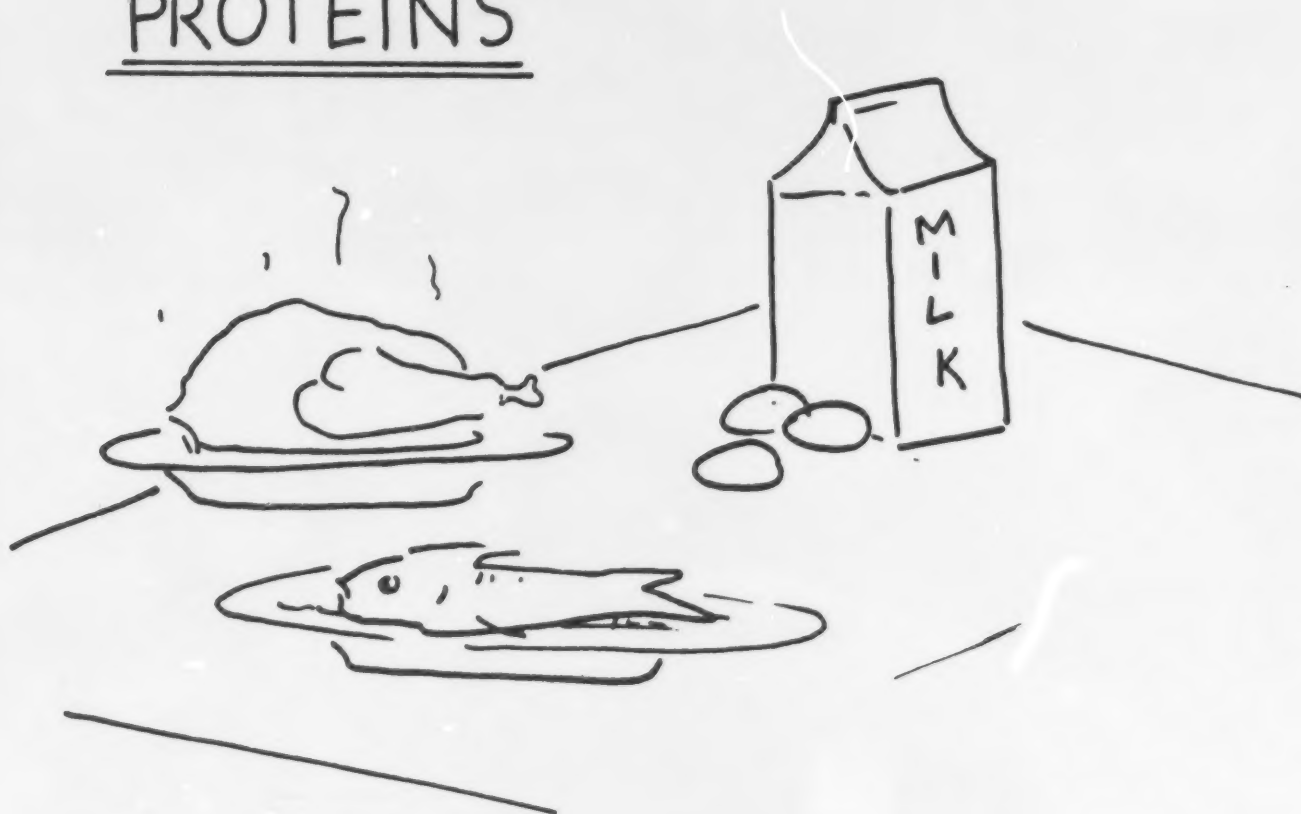


If any of your answers were incorrect, please repeat page 17.

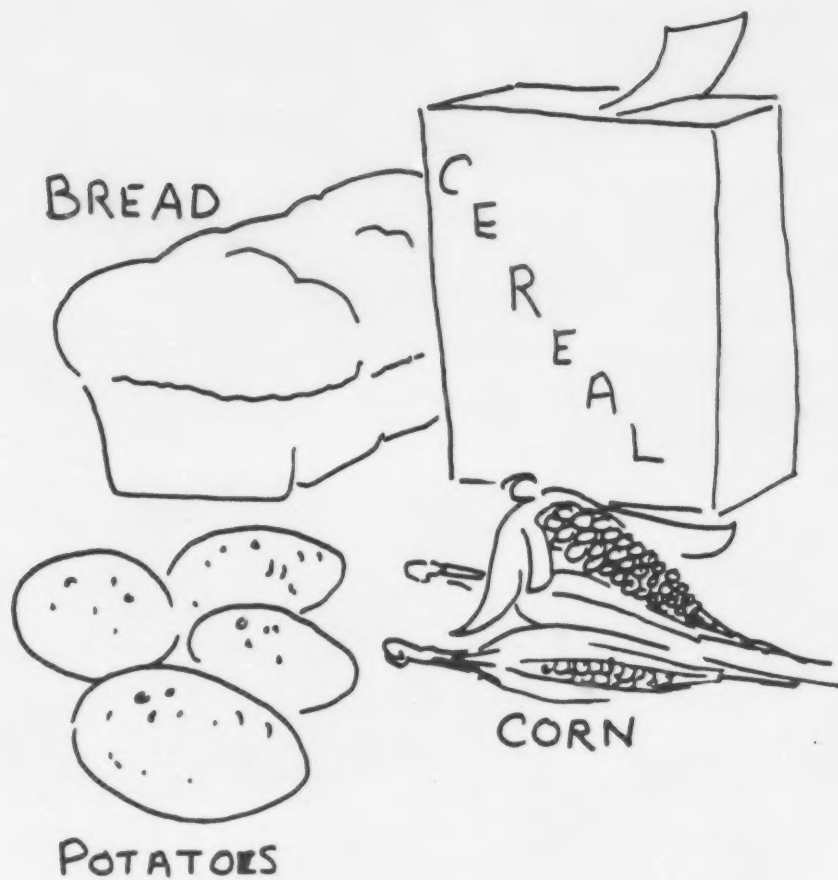
Practice Cycle #4

Mighty Dog wants you to know that nutrients are ingredients in foods that nourish your body. Two of the nutrients, fats and carbohydrates, meet most of the body's need for heat and energy. Protein is the nutrient in food that your body uses for growth. The minerals and vitamins, which help to keep your body in good running order, are also obtained from food.

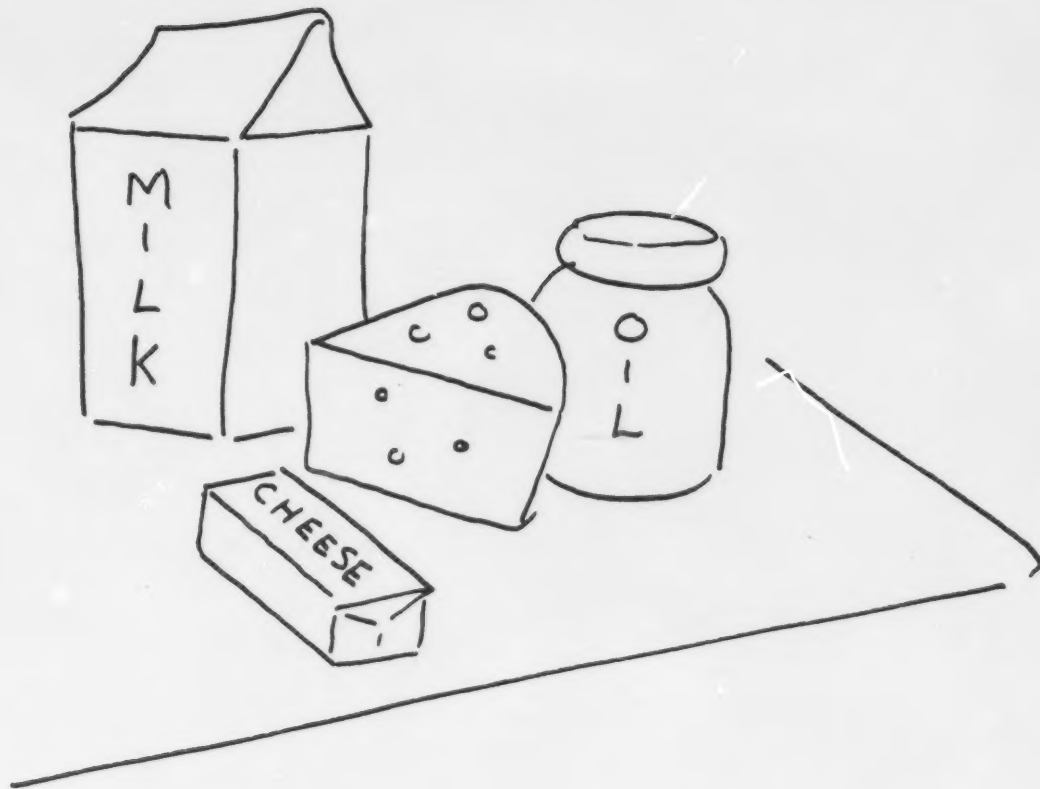
PROTEINS



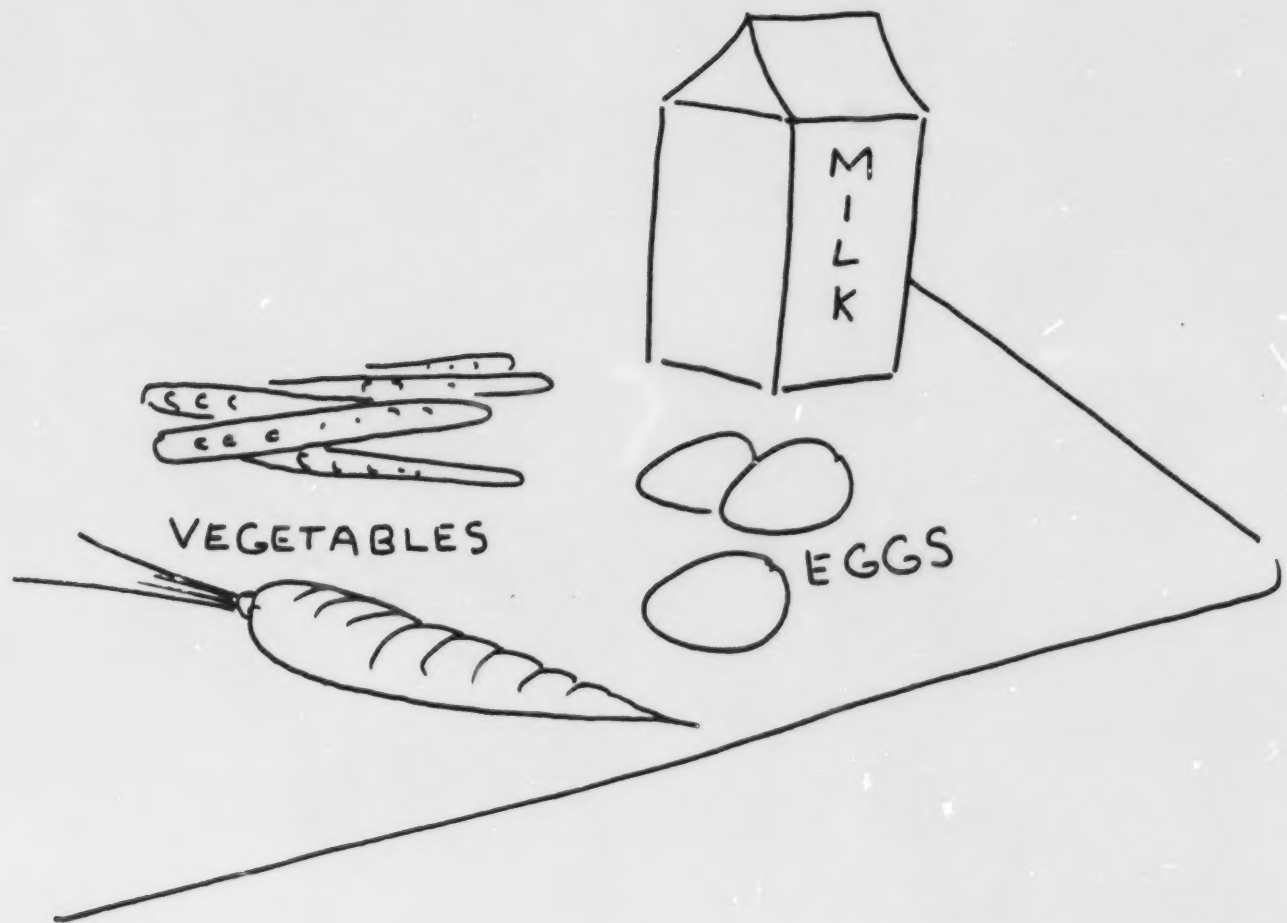
CARBOHYDRATES



FATS

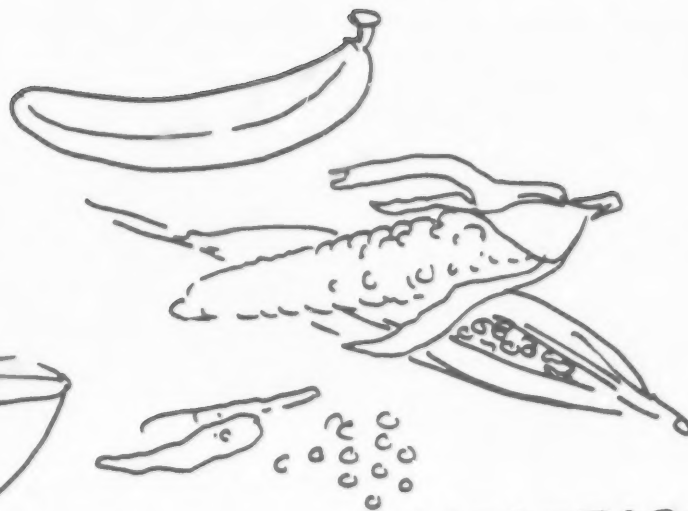
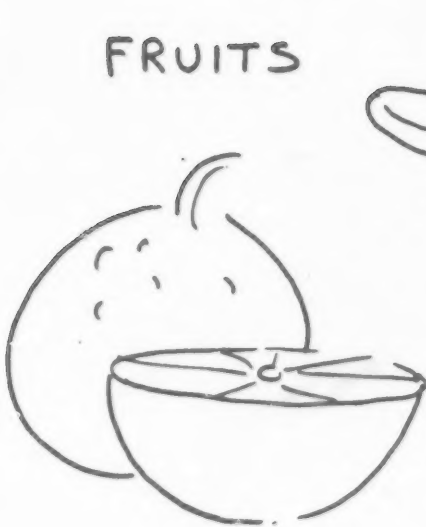


MINERALS



VITAMINS

FRUITS



VEGETABLES

Practice Cycle Test #4

4. Place an X next to the nutrients found in foods and an O next to the food groups.

- ☐ carbohydrates
- ☐ milk
- ☐ meats
- ☐ vitamins
- ☐ proteins
- ☐ breads & cereals
- ☐ minerals
- ☐ vegetables & fruits
- ☐ fats

Turn page for answers.

If your answers are:

carbohydrates X

milk 0

meats 0

vitamins X

proteins X

breads & cereals 0

minerals X

vegetables & fruits 0

fats X

you are correct.



If any of your answers were incorrect, re-read pages 20, 21, 22, 23, 24.

Now you are ready to help Mighty Dog take a test on what you have learned. Please turn the page.

Post Test

1. Mighty Dog would like for you to help him name the four food groups that you need in your daily diet.



- (1) _____
- (2) _____
- (3) _____
- (4) _____

2. Write the number on the line to place the food in the correct group. Mighty Dog will show you how.

Group 1 - Milk & Cheese

Group 2 - Meat

Group 3 - Vegetable & Fruit

Group 4 - Bread & Cereal



___ orange

___ chocolate milk

___ toast

___ carrots

___ eggs

___ cheese

___ fish

___ spaghetti

___ green beans

___ potatoes

___ crackers

___ peas

___ apple

___ lettuce

___ hamburger

___ liver

___ squash

___ spinach

___ strawberries

___ cornflakes

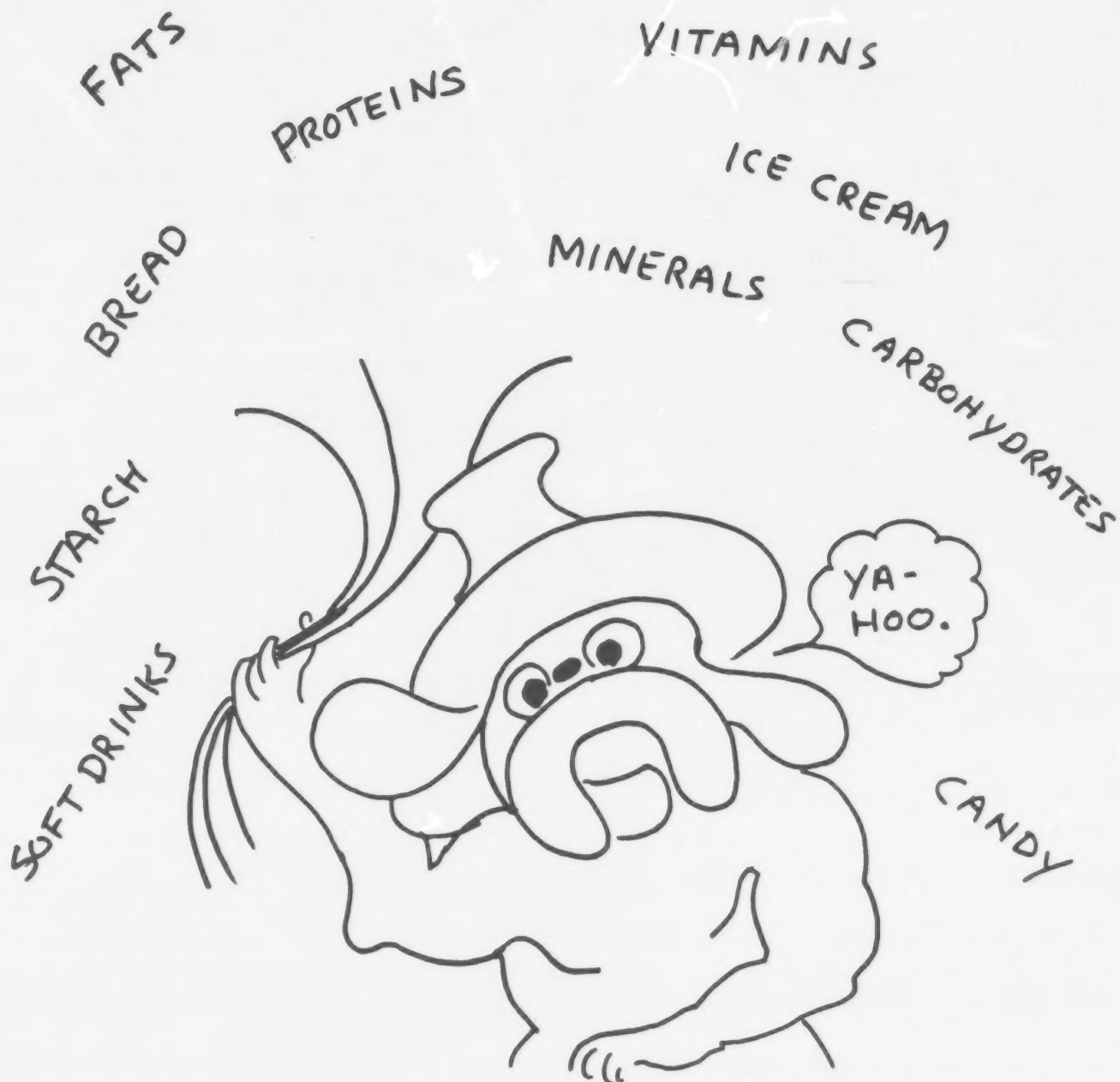
___ ice cream

3. Help Mighty Dog match the correct number of servings needed daily.

- | | |
|-----------------------------|-----------------------|
| ___ Milk group | A. 4 or more servings |
| ___ Meat group | B. 3 or more cups |
| ___ Vegetable - Fruit group | C. 4 or more servings |
| ___ Bread - Cereal group | D. 2 or more servings |



4. Have Mighty Dog lasso five basic nutrients your body needs every day.



Answer Sheet to Post Test

1. 1 Milk - Cheese
2 Meat
3 Vegetables - Fruit
4 Bread - Cereal

2. 3 orange

1 chocolate milk

4 toast

3 carrots

2 eggs

1 cheese

2 fish

4 spaghetti

3 green beans

3 potatoes

4 crackers

3 peas

3 apple

3 lettuce

2 hamburger

2 liver

3 squash

3 spinach

3 strawberries

4 cornflakes

1 ice cream

3. B Milk group

D Meat group

C - A Vegetable - Fruit

C Bread - Cereal

4. proteins

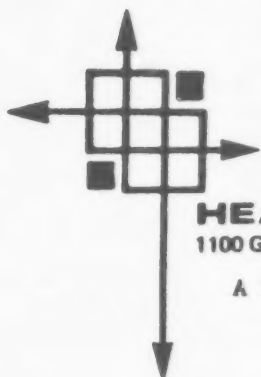
minerals

vitamins

carbohydrates

fats





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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

BASIC NUTRITION THROUGHOUT THE LIFE CYCLE

by

Evelyn S. Burgess, R.D.

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OBJECTIVES OF UNIT

Overall Objective

Student preparedness to understand the significance in planning nutritious meals to fulfill the diversified needs of the normal, healthy individuals during their life cycle.

Sub-Objectives

1. Define nutrition.
2. List the Basic 4 food groups.
3. Place given foods within the appropriate Basic 4 groups.
4. Place given foods within the appropriate exchange .
5. Explain the general functions of the nutrients.

PRACTICE EXERCISE #1

Input

Food is the Staff of Life: Nutrition is the food you eat and deals with how the body uses it.

The utilization of food after intake and how it is processed is body nourishment. This process is recognized as nutrition. The distinct processes are digestion of foods. Body processes provide the creation of a new body each year as well as its maintenance, repair and development. Food intake is the basic essential requirement to continue the functioning of this human machine. The average individual consumes approximately 1000 meals annually assessed at three meals daily.

Practice Question #1

- 1) Define nutrition and tell what it means relative to body performance.
- 2) At what point in life does food begin to be important to human existence?

Feedback

- 1) Nutrition is the food you eat and how the body uses it.
- 2) At birth food becomes important to human existence.

PRACTICE EXERCISE #2

Input

The most recent food guide developed by the Institute of Home Economics of the Agriculture Research Service is called Food for Fitness, a Daily Food Guide (Basic Four). The four groups in this guide are as follows:

1. **MILK GROUP** - Foods included are milk, all types -- cheese - cottage, cream, cheddar, type - natural or processed; ice cream. Cheese and ice cream may replace part of the milk in equivalents. Recommended amounts are given in terms of whole fluid milk:

Children under 9.....2 to 3-8 ounce cup
Children 9-12.....3 or more
Teenagers.....4 or more
Adults.....2 or more
Pregnant Women.....3 or more
Nursing Mothers.....4 or more
2. **VEGETABLE-FRUIT GROUP** - Foods included and recommended are four or more servings each day, including a good source of Vitamin C or two servings of a fair source; one serving at least every other day, of a good source of Vitamin A. Count as one serving $\frac{1}{2}$ cup of vegetable or fruit; or a portion as ordinarily served, such as one medium apple, banana, orange, or potato, half a medium grapefruit or canteloupe.
3. **MEAT GROUP** - Foods included are beef, veal, lamb, pork variety meats such as liver, heart, kidney; Poultry and eggs; fish and shellfish; and, as alternative, dry beans, dry peas, lentils, nuts, peanuts, peanut butter. Amounts recommended are two or more servings every day. A serving is counted as 2 to 3 oz. of lean cooked meat, poultry or fish - all without bone, two eggs, 1 cup cooked dry beans, dry peas, or lentils, or 4 TBSP. peanut butter.

GUIDES FOR NUTRITIONAL PLANNING



FIGURE 4-1 The Four Food Groups—a daily food guide.

1 serving, at least every other day, of a dark-green or deep-yellow vegetable for vitamin A

2 or more servings of other vegetables and fruits, including potatoes

Bread-cereals group

4 or more servings daily (whole grain, enriched, or restored). Count as one serving:

1 slice bread

PRACTICE EXERCISE #2 (CONT.)

4. **BREAD-CEREAL GROUP** - Foods included are all breads and cereals that are whole grain, enriched or restored (check labels to be sure). Specifically, this group includes breads, cooked cereals, ready-to-eat cereals, cornmeal, crackers, flour, grits, macaroni and spaghetti, noodles, rice, rolled oats, and quick breads and other baked goods if made with whole-grain or enriched flour. Amounts recommended are four or more servings daily. Count as one serving; one slice of bread; 1 ounce ready-to-eat cereal; $\frac{1}{2}$ to $\frac{3}{4}$ cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

PRACTICE QUESTION #2

List the four groups in the Daily Food Guide (Basic Four).

FEEDBACK

1. Milk Group
2. Meat Group
3. Vegetable and Fruit Group ,
4. Bread and Cereal Group

PRACTICE EXERCISE #3

Input

The food given to an infant must be very nutritious. Nutritive requirements are higher in relation to size than at any other period in life.

Milk-based formulas supply most of the nutritional needs of an infant during the early weeks and months of his life. By the time the infant is six months of age or earlier he may have whole-grain cereal which is very nutritious. Additional foods are added to the infant's diet depending upon the recommendations of the doctor. Additional foods such as fruits, strained, vegetables, meats, eggs, and potatoes may be added to the infant's diet one at a time to give the infant ample time to become familiar with each food introduced.

1. TODDLER - Although the growth rate diminishes to its lowest childhood level at the toddler period, it is still extremely important to be aware of nutritive needs. Ample protein for the rapid growth of muscle is a primary consideration. Protein is also important for the growth of other body tissue. It is recommended that children 1-3 years of age have 23 g. protein daily. Milk continues to be one of the most important foods in the toddler diet.

Some form of citrus fruit such as oranges or other citrus needs to be given daily to meet the vitamin C requirement. Two or more vegetables, especially green and yellow ones are important for vitamins and minerals. There should be at least three servings of cereal or bread a day to contribute calcium, iron and B vitamins.

2. PRE-SCHOOLER

Certain foods should be included in the diet each day. Among these food groups it is important to provide as wide a variety as possible to be absolutely sure that the child has an adequate diet. The following foods are recommended for the preschool child.

Milk - Two to three cups, some of which may be used in cooking.

Eggs - One egg three to four times per week, which may be prepared in many ways or combined with milk as a custard or dessert.

Meat - An average serving of beef, lamb, poultry, fish, pork or liver.

Potatoes - One average serving.

Vegetables and Fruits - One or two servings including a green or yellow vegetable. At least two servings, if possible. One of these servings should be a citrus fruit.

PRACTICE EXERCISE #3 (CONT.)

Cereals and Bread - One serving of enriched or whole-grain cereal (iron fortified recommended). Three thin slices of whole grain or enriched bread.

Fat - Two level teaspoons of butter or margarine.

3. SCHOOL AGE

The final kind of food a child has during this period can do much to increase the quality of his living in general, as well as his life expectancy.

Foods Needed Every Day

Milk.....	2-3 cups to 9 years of age; or more cups at 10 years
Egg.....	1
Meat, liver, fish, or poultry.....	3 oz.
Citrus fruit or tomato.....	1 Serving
Fruit, other.....	2 Servings
Potato, cooked.....	1 Small
Vegetable, green leafy or yellow.....	1 Serving
Vegetable, other.....	2 Servings
Bread or cereal enriched or Whole Grain.....	3 Servings
Butter or Margarine.....	1 Tbs.

4. ADOLESCENCE AND YOUTH

Nutritive requirements for boys and girls reach the maximum during the period of preadolescence and adolescence. Only during pregnancy and lactation do girls surpass their teenage requirements. Calcium is needed to provide material for the growth of skeleton and teeth and for other physiological functions.

Suggestions for Desirable Meal Pattern

The essential foods that should be included in the diet every day for teenagers are suggested here:

Milk Group. Four or more cups every day and 2 or more cups if 20 years or post-adolescent. This might include whole milk, skim milk, buttermilk, dried milk or cheese made from whole milk.

Meat Group. Two or more servings every day. A choice may be made from meats of all kinds including poultry, fish, peas, beans, or nuts.

Vegetable & Fruit Group. Four or more servings every day. These should include a dark-green or dry yellow vegetable every day and a citrus fruit.

Bread and Cereal Group. Four or more servings a day. This may include breads of all types. Emphasis should be on whole-grain or enriched products made from wheat, corn, oats, rye, rice, or other cereal.

5. ADULTS

The nutritional needs and the diet required by adults may vary with

PRACTICE EXERCISE #3 (CONT.)

activities. Some people lead extremely active lives; others are somewhat sedentary. Using the Daily Food Guide (Basic Four) a balanced adequate diet may be planned.

6. ELDERLY

Lower Kcaloric requirement of older adults demands special attention. When activity decreases, it is very easy to gain weight if interest in food remains high. The intake of high and caloric foods may need to be restricted. For protein requirement, it is important that animal proteins, such as those in milk, meat, eggs, and cheese, supplement the proteins found in vegetables and cereals. An emphasis on green vegetables, whole-grain cereal and enriched cereals and meat, especially liver, is recommended.

PRACTICE QUESTION #3

- 1) Most of the basic nutritional needs for an infant are supplied in what form?
- 2) The basic nutritional needs to maintain the elderly are supplied in what food group?

FEEDBACK

- 1) The basic nutritional needs for an infant are supplied in a milk based formula.
- 2) The basic nutritional needs to maintain the elderly are supplied in the meat group - Vegetables and fruits and bread and cereal groups and the milk group.

PRACTICE EXERCISE #4

Input

A nutrient may be defined as a substance that is necessary for the functioning of the living organism.

Nutrients are absorbed by way of the blood stream; they are used by the cells to produce energy; they are transformed into heat to exert power for movement; they build and repair cells, tissues, and organs, as well as eliminate waste and regulate the body processes.

Practice Question #4

Define nutrients and describe their function in the human body.

Feedback

A nutrient may be defined as a substance that is necessary for the functioning of the living organism.

- 1) Nutrients release energy
- 2) Nutrients build and repair tissues and cells
- 3) Nutrients regulate body processes

PRACTICE EXERCISE #5

Input

The exchange lists of foods are based upon a different grouping of foods according comparable (or exchangeable) food value.

Exchange means that a food listed in a particular group may be substituted, or exchanged for or used in place of another food included in the same group. For example a bread exchange could be 1 slice of bread, or 1/2 cup of cooked cereal, or 1/2 cup of potatoes.

The exchange list is based on the grams of proteins, carbohydrates, and fats in each group. (see examples on Pages 10A and 10B).

Practice Question #5

- 1) Tell the exchange where each of the following foods would be included.
 1. raisins
 2. cooked ground beef
 3. rice
 4. medium orange
 5. potato
- 2) For the following foods, give the kcaloric value as carbohydrate, protein, fat.

1oz. GROUND BEEF

1/2 cup RICE

SMALL ORANGE

C.	P.	F.

EXCHANGE LIST

The six exchange lists include milk, vegetables—groups A and B, fruit, bread, meat, and fat. A seventh list includes items of negligible food value such as lemon juice, bouillon, and dill pickles that may be used as desired.



1 small orange



$\frac{1}{4}$ 6-inch cantaloupe



$\frac{1}{2}$ small grapefruit



2 prunes



$\frac{1}{2}$ cup
orange juice



1 small apple



$\frac{1}{2}$ small banana



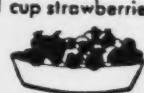
2 tablespoons raisins



10 cherries



1 small pear

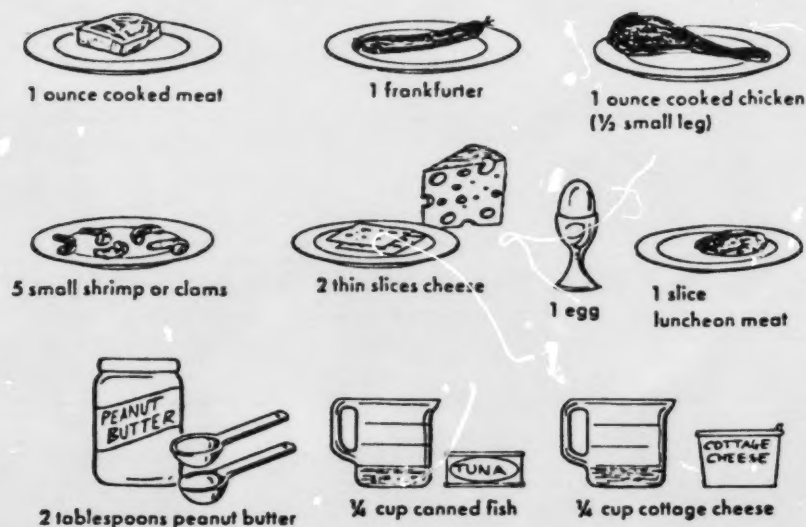


1 cup strawberries

Fruit exchanges. Each exchange supplies 10 gm carbohydrate and negligible protein and fat.



Bread exchanges. Each food illustrated above yields approximately 15 gm carbohydrate, and 2 gm protein.



Meat exchanges. Each exchange provides 7 gm protein and 5 gm fat. About 3 exchanges are used for an average dinner serving of cooked meat; use 4 oz raw, lean meat to equal 3 oz cooked.

PRACTICE EXERCISE #5 (CONT.)

Feedback

- 1) 1. Raisins.....Fruit Exchange
2. Cooked Ground Beef.....Meat Exchange
3. Rice.....Bread Exchange
4. Medium Orange.....Fruit Exchange
5. Potato.....Bread Exchange

2)

1oz ground beef

1/2 cup rice

small orange

C	P	F
	7	5
15	2	--
10	--	--

POST-TEST

1. Define nutrition and tell what it means relative to body performance

2. At what point in life does food begin to be important to human existence?

3. List the food groups in the Daily Food Guide (Basic Four)

POST-TEST (CONT.)

4. Tell amounts of each food group needed daily for adolescents.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

5) List three functions of nutrients in the human body.

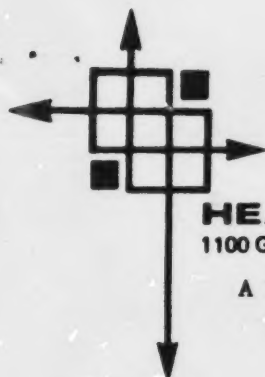
- 1) _____
- 2) _____
- 3) _____

6) Tell the exchanges (Daily Food Guide) where each of the following would be included.

- 1) egg _____
- 2) chicken _____
- 3) macaroni _____
- 4) grapefruit _____

POST-TEST ANSWER KEY

1. Nutrition is the food you eat and how the body uses it.
2. At Birth
3.
 - 1) Milk Group
 - 2) Meat Group
 - 3) Vegetable and Fruit Group
 - 4) Bread and Cereal Group
4.
 - 1) 4 or more cups milk
 - 2) 2 or more servings meat
 - 3) 4 or more servings fruits and vegetables
 - 4) 4 or more servings bread and cereal
5.
 - 1) Release energy
 - 2) Build and repair tissues and cells
 - 3) Regulate body processes
6.
 - 1) Meat
 - 2) Meat
 - 3) Bread
 - 4) Fruit



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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

RELIGIOUS AND CULTURAL

INFLUENCES ON DIETS

by

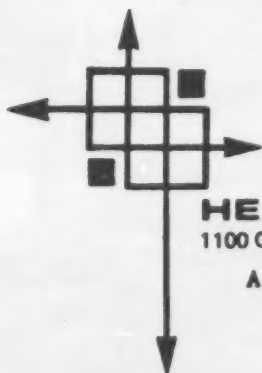
Dianna Dee Mackey

Claire Read, Illustrator



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TITLE OF PACKAGE:	Religious and Cultural Influences on Diets
AUTHOR:	Dianna Dee Mackey
INSTITUTION:	West Valley Community College, Saratoga, Calif.
INTENDED STUDENTS:	Nutrition
ESTIMATED WORKING TIME:	30 minutes
MATERIALS NEEDED:	None
REVISED:	June 1, 1977



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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

INTRODUCTION

You, as an Allied Health Worker, are involved in many facets of your clients' total health picture. One vital aspect of this health picture is your client's individual nutrition status.

You will encounter clients of various religious and cultural backgrounds. These backgrounds influence and play a major role in clients' diet patterns and nutritional health.

This individualized unit will enable you to better understand what religious and cultural factors influence your client's diet.

You will be able to better understand why Mrs. Garcia likes her food seasoned with chili peppers; why Mr. Jackson asks for pork and "greens" for his dinner; and why Mrs. Rosenberg asks if the poultry is freshly slaughtered, and says "No, thank you" when a fresh shrimp cocktail is suggested.

OBJECTIVES OF UNIT

Overall Objective

After you complete this unit, you will be able to anticipate diet preferences for clients of various religious and cultural backgrounds.

Sub-Objectives

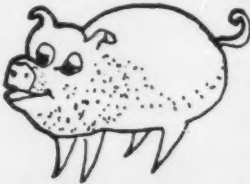
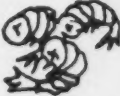
1. For each of six religions you will be able to list one dietary characteristic.
2. Given a normal menu pattern, you will be able to pick out food items that would be restricted in the diet of the Orthodox Jew, the Seventh Day Adventist, and the Latter Day Saint.
3. For three major cultures, Mexican, Black and Oriental, you will be able to list four dietary characteristics for each.
4. From a list of foods, you will be able to select items which would be acceptable to each of the following cultures: Mexican, Black, and Oriental.
5. Demonstrate an aroused interest in cultural and religious aspects of nutrition by seeking out additional information recommended in this package.

PRACTICE EXERCISE 1

The major religions with particular dietary characteristics that you will probably encounter are the Jewish, Roman Catholic, Seventh Day Adventist, Latter Day Saints, Buddhist and Hindu. In order to assist you in recognizing these characteristics, there is the attached information chart - A. Study it and do Question #1 for practice.



INFORMATION CHART A

GROUP	DIETARY CHARACTERISTICS		
	FOODS ALLOWED	FOODS PROHIBITED	OTHER
Jewish	- flesh of four-legged animals with cloved hoof and chew their cud - include cows, sheep, goats and deer - poultry includes chicken, turkey, goose, pheasant and duck - fish with fins and scales - eggs, vegetables, fruits, cereals and all other foods	pork in all forms including lard and bacon  no shellfish or eels 	- all meats and poultry must be freshly slaughtered and cured according to a special ritual called Koshering (meaning clean) - may not combine meat and milk in any meal
Roman Catholic			no meat on the Fridays during Lent
Seventh Day Adventist	- flesh of four-legged animals with cloved hoof and chew their cud - include cows, sheep, goats and deer - poultry includes chicken, turkey, goose, pheasant and duck - fish with fins and scales - eggs, vegetables, fruits, cereals and all other foods	pork in all forms including lard and bacon  - no shellfish or eels 	- may not use any alcohol, tobacco, tea, or coffee NOTE: Many Seventh Day Adventists are vegetarians by choice.
Latter Day Saints	unlimited	none	- may not use any alcohol, tobacco, tea, or coffee
Buddhism	rice-nuts-fish vegetables fruits-poultry	no meat of any kind	
Hinduism	rice-nuts-fish vegetable fruits-poultry	no meat	

Practice Question 1

Place the number(s) of the dietary characteristic(s) on the left that matches the religion on the right.

Dietary Characteristic

- 1) eat no meat
- 2) use no alcohol, tea, or coffee
- 3) no meat on Fridays of Lent
- 4) eat no meat
- 5) may not eat shellfish
- 6) use no pork, lard, bacon

Religions

- _____ a. Jewish
- _____ b. Roman Catholic
- _____ c. Seventh Day Adventist
- _____ d. Latter Day Saints
- _____ e. Buddhism
- _____ f. Hinduism

Feedback

Refer back to your information chart to see if your answers are correct. If so, move on to Practice Exercise #2. If not better look over the Information Chart-A again!



PRACTICE EXERCISE 2

Now that you're familiar with the dietary characteristics for each of the religions covered on Chart A, let's apply this knowledge in helping yourself and your fellow health workers in menu selections for clients of three particular religions.

Practice Question 2

Select the food items from the following menu pattern which would be restricted in the diet of the Orthodox Jew, the Seventh Day Adventist and the Latter Day Saint. Write down the restricted items of food in the appropriate column.

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
½ grapefruit 2 strips bacon 1 egg (boiled) Toast/butter Coffee/tea	Shrimp Louis salad French roll/butter Fresh peach Milk/iced tea	Roast Beef Mashed potatoes Steamed carrots Cooked spinach Fruit gelatin Plain cookie Milk/coffee
Orthodox Jew	Seventh Day Adventist	Latter Day Saint

PRACTICE EXERCISE 2 (cont.)

Feedback

Here are the restricted items of food.

Orthodox Jew	Seventh Day Adventist	Latter Day Saint
2 strips bacon Shrimp Louis Salad Meat or milk	2 strips bacon Shrimp Louis Salad Coffee/tea Iced tea	Coffee/tea Iced tea

Success?!? Great - go onto Practice Exercise 3.

If not - refer back to your information Chart A, and try again!

PRACTICE EXERCISE 3

The cultural background of your client is also a vital aspect in assisting him in obtaining adequate nutritional health. The attached information (Chart-B) outlines the dietary characteristics for these three major cultures: Mexican, Black, and Oriental. Study it and then do Practice Question #3.

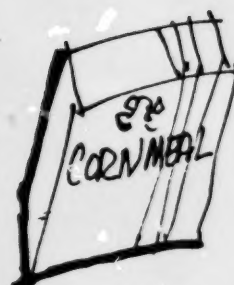
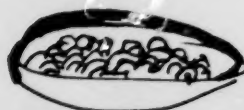


INFORMATION CHART B

CULTURE	DIETARY CHARACTERISTICS
Mexican	Use many varieties of beans, as well as rice, potatoes, peas, and some vegetables Chili peppers, tomatoes, and onions commonly used as staple food Use little meat and practically always cooked with vegetables Use corn meal as staple food Use fresh fruit
Black	Use corn meal as staple food Fried foods commonly used Use "greens" as primary vegetable Use pork as primary meat source; also fish and poultry Use fresh fruit
Oriental	Use rice as staple food Commonly use varieties of fish-raw and cooked Noodles widely used Quantity of meat taken is small and usually cooked with vegetables Use variety of plant sprouts Use eggs, cereals, large variety of vegetables.

NOTE: These dietary characteristics are trends only and will not apply to all geographic and socio-economic areas. All members of a given culture do not necessarily follow these diets.

PRACTICE EXERCISE 3 (cont.)



Practice Question #3

Place the numbers of the dietary characteristic on the left next to the appropriate culture on the right. There are four answers for each.

Dietary Characteristics

- 1) use many varieties of beans
- 2) fried foods commonly used
- 3) use rice as staple food
- 4) use rice, potatoes, peas and some vegetables
- 5) use "greens" as primary vegetable
- 6) chili peppers, tomatoes and onions used as staple foods
- 7) pork used as primary meat source
- 8) use variety of plant sprouts
- 9) use corn meal as staple food
- 10) use fresh fruits
- 11) noodles widely used
- 12) quantity of meat eaten is small and usually cooked with vegetables

Cultures

A. Mexican

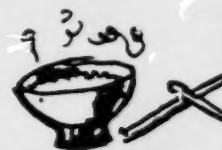
- _____ a.
- _____ b.
- _____ c.
- _____ d.

B. Black

- _____ a.
- _____ b.
- _____ c.
- _____ d.

C. Oriental

- _____ a.
- _____ b.
- _____ c.
- _____ d.



Feedback

Check the information Chart-B to see if your answers match!
If so, proceed onto Practice Exercise #4.

Some difficulty? A little more information might help! You can check your information chart again.

PRACTICE EXERCISE 4

Now that you have a better understanding of the cultural influences on the diets of the Mexican, Black, and Oriental clients, you can begin to recognize which foods will be most acceptable to them. The attached information Chart-C will assist you. Read it over and when you feel you know it, do Practice Question 4.

Which one of the following 4 food groups would be most acceptable to the client of Mexican culture? (circle one)

- a) pastas-goatsmilk-yogurt-dried fruits
- b) hot breads-cracked wheat-salt pork-noodles
- c) lamb in combination with rice and vegetables
- d) dried beans, corn tortillas, tomatoes

Which one of the following 4 food groups would be most acceptable to the client of Black culture? (circle one)

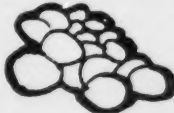
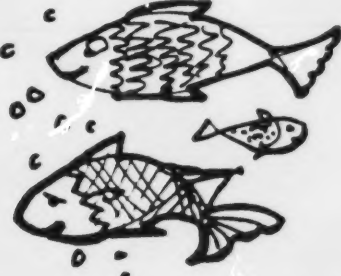
- a) meat and vegetable soup-rich pastries
- b) rice or wheat cereals
- c) hot breads, sweet potatoes, greens, beans
- d) milk, canned and frozen vegetables

Which one of the following 4 food groups would be most acceptable to the client of the Oriental culture? (circle one)

- a) tomatoes, cheese sauces, olive oil
- b) vegetables, green fruits, dried and fresh meat
- c) vegetables cooked in olive oil-peas, beans, lentils
- d) milk cheese dishes, highly seasoned foods



INFORMATION CHART C

GROUP	CHARACTERISTICS	FOODS MOST USED	POSSIBLE DEFICIENCIES
Black	Agricultural Irregular food habits 	Hot breads, corn bread, rice, sweet potatoes, hominy grits, greens, black-eyed peas cooked with fresh or salt pork Game meat Fish, chicken, watermelon, molasses	milk, butter, cheese, eggs, meat, raw vegetables 
Oriental	Agricultural, lack of space for dairy farming Food production inadequate for population 	Vegetables, green fruits, dried and fresh meats, small amounts of fish and poultry Rice or wheat cereals 	Low in fat, milk, cream or butter and vegetables Insufficient meat and green and yellow vegetables Vitamins A, B, C 
Mexican	Agricultural, some mining	Dried beans, chili peppers, corn, tortillas, sweet rolls, tomatoes, bananas 	Whole grain cereals (other than corn)

PRACTICE EXERCISE 4 (cont.)

Feedback

Here's what you should have circled:

1. (d) Dried beans, corn tortillas, tomatoes
2. (c) Hot bread, sweet potatoes, greens, beans
3. (b) Vegetables, green fruits, dried and fresh meat

All answers correct?!!!!

You can move on to the last section - the overall objective!

PRACTICE EXERCISE FOR OVERALL OBJECTIVE

You now have all the materials and information you need to anticipate diet preferences for your clients of different cultural and religious backgrounds. See if you can apply this knowledge in the case study developed in the Practice Question.

Practice Question

Mr. Liebowitz is a 60-year-old Jewish client for whom you are to assist with selection of his diet for the day, utilizing the following menu pattern!

Circle the foods you feel would be most palatable to him based on his religious influences.

Breakfast

orange juice
hot cereal/milk
bacon/eggs
toast/butter
coffee/tea

Lunch

fruit salad
chicken sandwich
rice pudding
milk/tea

Dinner

green salad
abalone steak (a shellfish)
parsleyed potatoes
steamed asparagus
roll/butter
ice cream
milk/coffee



PRACTICE EXERCISE FOR OVERALL OBJECTIVE (cont.)

Feedback

Well, you could have circled just about everything on the menu.

Breakfast

orange juice
bacon/eggs
hot cereal/milk
toast/butter
coffee/tea

Lunch

fruit salad
chicken sandwich
rice pudding
milk/tea

Dinner

green salad
abalone steak
parsleyed potatoes
steamed asparagus
roll/butter
ice cream
milk/coffee

How'd you do? Only bacon (pork) and abalone steak (a shellfish) would be deleted from Mr. Liebowitz's menu pattern based on his religious influences.

Are you ready for your Post Test?!!! If you feel you need a little more practice, restudy Information Chart A. Then, redo Practice Question 2 -- without looking at your previous answers, of course.

It's Post-Test time!



POST-TEST

1. List one dietary characteristic for each of the following six religions.

- | | |
|--------------------------|----------|
| a) Jewish | 1) _____ |
| b) Roman Catholic | 2) _____ |
| c) Seventh Day Adventist | 3) _____ |
| d) Latter Day Saints | 4) _____ |
| e) Buddhism | 5) _____ |
| f) Hinduism | 6) _____ |

2. Select the food items from the following menu patterns which would be restricted in the diet of the Orthodox Jew, the Seventh Day Adventist, and the Latter Day Saint. Write your response in the appropriate column.

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
orange juice 1 egg 2 pork sausages toast/butter coffee/tea	bean salad turkey sandwich ½ fresh cantaloupe iced tea/coffee	fruit salad roast pork mashed potatoes steamed broccoli chocolate sundae milk/coffee
<u>Orthodox Jew</u>	<u>Seventh Day Adventist</u>	<u>Latter Day Saint</u>

POST-TEST (cont.)

3. Select four dietary characteristics from the list on the left for each of the three cultures listed on the right. Write the number of each characteristic under the appropriate culture.

Characteristics

Mexican

- 1) Fried foods commonly used
- 2) Use rice as staple food
- 3) Use many varieties of beans
- 4) Use "greens" as primary vegetable

a. _____

b. _____

c. _____

d. _____

- 5) Use chili peppers, tomatoes, and onions as staple foods

Black

- 6) Use rice, potatoes, peas, and some vegetables
- 7) Noodles widely used
- 8) Use fresh fruits
- 9) Quantity of meat eaten is small and usually cooked with vegetables

a. _____

b. _____

c. _____

d. _____

- 10) Use variety of plant sprouts

Oriental

- 11) Pork used as primary meat source

a. _____

b. _____

- 12) Use corn meal as staple food

c. _____

d. _____

POST-TEST (cont.)

4. From Column A select four acceptable food items for each of the Cultures listed in Column B. Write the name of each food under the appropriate culture.

Column A

Rice

Dried beans

Sweet potatoes

Tortillas

Vegetables

Molasses

Sausages

Bananas

Green fruits

Corn Bread

Dried meats

Cracked wheat

Fresh pork

Milk

Tomatoes

Column B

Mexican

1) _____

2) _____

3) _____

4) _____

Black

1) _____

2) _____

3) _____

4) _____

Oriental

1) _____

2) _____

3) _____

4) _____

POST-TEST ANSWERS

1)

- 1) May not eat shellfish
- 2) Use no meat on the Fridays of Lent
- 3) Use no pork, lard, or bacon
- 4) Use no alcohol, tea, or coffee
- 5) Eat no meat
- 6) Eat no meat



2)

Orthodox Jew

2 pork sausages
Roast pork

Seventh Day Adventist

2 pork sausages
Roast pork

Latter Day Saints

Coffee/tea
Iced tea/coffee

3)

Mexican

- a. 3
- b. 5
- c. 6
- d. 12



Black

- a. 1
- b. 4
- c. 8
- d. 11



Oriental

- a. 2
- b. 7
- c. 9
- d. 10

4)

Mexican

- 1) Dried Beans
- 2) Tortillas
- 3) Bananas
- 4) Tomatoes

Black

- 1) Sweet potatoes
- 2) Molasses
- 3) Corn bread
- 4) Fresh pork

Oriental

- 1) Rice
- 2) Vegetables
- 3) Green fruits
- 4) Dried meats



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